



Gloom and Tomorrow

Lilla Crawford performing "Tomorrow"

Image: Arielle Tepper Madover

There is so much gloom today that many of us have lost our dream, our vision of Tomorrow.

We need a way to brighten our spirits, replace our negative thoughts with positive ones.

"**Tomorrow**" is a way, perhaps the way, even an easy way, to make our thoughts positive and happy.

A friend of mine, E.C. Chance of Chehalis, once exhorted me strongly,

"Everyone must have a dream!"

Every one of us must have a plan, a positive dream for Tomorrow, for next week, for next year.

What is your plan and dream for Tomorrow?

If you don't have one, make it now!

Most of our positive plans for tomorrow are pretty simple and easy to do, a walk maybe on a different path, lunch and shopping with a friend, write a letter or make a call, video if possible, to a friend probably long overdue, maybe call a friend to go to lunch or shopping or play golf.

It's far best to include someone else- the best way to raise our spirits is to raise someone else's!

Going back to worship on Sunday, making a point to talk to friends or even strangers there, is an easy way and always gets us going with a smile!

Our plan for next week might be more involved, dinner at a restaurant or a movie some distance away so we can talk and share during the drive. Or go camping or fishing.

For next month or next year, a trip like to our childhood home, or to Alaska, or an ocean cruise.

A wonderful song to play and focus on is the song "**Tomorrow**" from the play "Annie".

[Here's a link to it](#), play it now and play it often!

Type in your address line: shpr.fyi/tomorrow



Positive Attitudes linked to Having Purpose

In a study of over 100 adults of average age 71, participants were asked three times each day to rate the best events in their day.

Positive events among older adults can be tied to both their interactions with others and to their sense of purpose, especially among those who are retired.

"For everyone, but specifically for our retired older adults, **the people in their lives** really matter," the study's leader Gabrielle Pfund [said in a release](#).

Participants were asked three times each day to rate their social interactions. Each evening they were asked to rate their overall interactions based on the question: "How much do you think your life had a purpose today?"

Researchers found that the more positive social interactions a person had during the day, the more purposeful they felt during the evening questionnaire.



This team's findings suggest one's sense of purposefulness can vary daily.

"We found purpose can change from day to day," Pfund continued. "Everyone was experiencing fluctuations relative to their own averages."

People can find purpose or set goals such as Tomorrow walking farther, calling another friend, painting a picture, painting your bedroom.

The authors pointed to previous research that shows the positive health benefits of social interactions, such as lower rates of Alzheimer's disease and heart problems.



Especially after the isolation caused by COVID, people must push themselves to get back out with people.

Churches, senior centers, community organizations, volunteering in healthcare, going back to work or volunteering are places where people can associate with others.

People who are living alone should consider moving into a retirement home so they will be with people and have healthy food and activities.

All of us should encourage our friends to unselfishly take courage to reach out to friends, get out somewhere together, and this benefits greatly both the encourager and the encouraged.

Partly excerpted from [American Journal of Geriatric Psychiatry](#), July 7, 2022, by Gabrielle N. Pfund.



Pink Snow

Hikers heading out to the mountains in the early summer often see a pink or red coloring on the snow as it melts away.

Western Washington University associate professor Robin Kodner said there's no reason to be alarmed by this natural occurrence. In fact, she'd appreciate some help in identifying the locations of "watermelon snow" to assist her [Living Snow Project](#) as it studies impacts including accelerated snowpack and glacier melt. Or email: livingsnowproject@gmail.com

The pink snow, common in mountain snowfields, is caused by snow algae, microscopic green algae that turn red by making bright-colored pigments. Kodner's discovered the existence of many different species, all composed of complex cells with complex life cycles.

[Excerpted Yakima Herald-Republic, Jun 14, 2022, by Luke Thompson](#)

Read this week's Bible Readings on page 6 which includes the Apostle Paul telling us and the citizens of Colossi, "**For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him.**"

Colossians 1: 16 NIV

*Dave Bunting, July 11, 2022
Credits in links below items.
See these columns on my blog daverant.com*

